



## Hello Friend,

Welcome to our very first newsletter! Whether you signed up 10 days ago or 10 years ago, we are finally adding a new feature to our line-up! Here we'll share the latest updates from QuitNow as well as news and research on quitting smoking and vaping, and a few quit tips to keep you motivated.

If you're surprised to find us in your inbox and have changed your mind about receiving our newsletters, not to worry, you can unsubscribe [here](#).

**Let's get into it!**



## QuitNow's Youth Vaping Mini Site is live!

Check out our new mini site made for youth who vape and are interested in quitting or reducing.

You'll find resources for coping with nicotine addiction and mental health, as well as a step-by-step guide for ditching your vape for good.

Know a young person who vapes? Send them the link to our mini site!

[Learn More →](#)



### Looking for a new way to handle nicotine withdrawal?

Just 10 mins of walking can help curb nicotine cravings and withdrawal symptoms. Walk outdoors or inside to feel the benefits!

[Read more here.](#)

[More tips on handling cravings and withdrawal →](#)

### BC's new rules about nicotine pouches

On February 8th, BC Premier David Eby announced that nicotine pouches will only be available for purchase behind the counter at pharmacies. This new rule is intended to prevent youth from accessing nicotine pouches, as there is a lot we don't know about their health effects. If you are looking to quit smoking or vaping, please consider first trying proven [quit methods](#).

[Learn more here.](#)

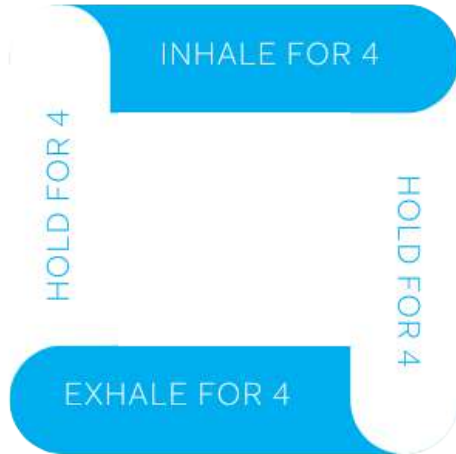


## QUIT TIP: Curb Your Cravings

Deep breathing can help you get through a craving!

Try using box breathing next time you feel the urge to smoke or vape.

Download our [Coping Skills Toolkit](#) for more ideas.



### Inspire Others

Share how QuitNow has helped you on our Testimonials page

[Share →](#)



### Join our next Group Support Session

Quit Aids 101  
Monday, April 1st, 2024  
7:00 pm PST

[How to Join →](#)

Looking for more motivation?

Follow us on social media!



SUPPORT CAN DOUBLE YOUR CHANCES  
OF QUITTING NICOTINE FOR GOOD.